

Play Responsibly!

Remember:

A playground is a place to have fun and enjoy the day with friends. But if safety rules are ignored, that fun can be stopped by an accident or injury.



Be sure to always follow the playground rules so the fun can go on and on!



W.D.M.P.D. cares about YOU!

Remember the buddy system-

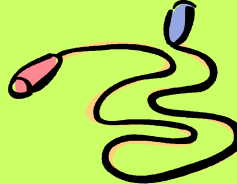
Never play alone.



If you ride your bike to the playground, be sure to remove your helmet before playing.



Never attach things like jump ropes or pet leashes to playground equipment.



For more Safety Information, contact:

WEST DES MOINES POLICE DEPARTMENT

Community Education/Outreach

515-222-3333

www.wdm-ia.com

Playground Safety for Kids



Safety on the Playground

Swings:

- Sit in the center of the swing, never kneel or stand
- Hold on with both hands
- Stop the swing before getting off
- Have one person in one swing at a time
- Walk way around the swing-not too close to the front or back, when someone else is swinging.
- Never twist or swing the chains
- Avoid putting your head or feet through exercise rings on swing sets



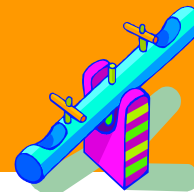
Slides:

- Hold on with both hands as you go up the steps of the slide, taking one step at a time; never go up the sliding surface of the slide, someone may be on their way down!
- Wait until the child before you reaches the bottom before you begin your slide
- Slide down feet first, always sitting up
- Be patient, avoid pushing or shoving and always wait your turn
- Leave the bottom of the slide as soon as you reach it
- Use caution on a metal slide that has been in the sun. Check the surface for heat before sliding down.

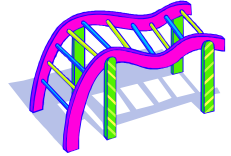


See Saws

- Sit facing each other, not leaning back
- Keep a firm hold with both hands
- Never stand or run on the board
- Keep feet from under the board as it descends



Climbing Apparatus:



- Always climb with both hands
- Be careful when climbing back down, watch for children who may be coming up
- Avoid having too many children on at one time
- Stay well behind the person in front and watch for swinging feet.
- Never use a climbing apparatus when it is wet/slippy
- Avoid trying to cover too large a distance in one move, take your time
- Jump from the bars with your knees slightly bent, and land on both feet.

Whether you are in a public playground or in your own back yard, it's important to always be S.A.F.E.

S.A.F.E
Stands for:

Supervision
Age appropriate
Fall surfacing
Equipment